



# Circle FAQ



## What happens in a Storytelling Circle?

Circles are live, guided, video experiences with up to **5 other members**.

Members introduce themselves, then listen to one of our **200 prompt meditations** to find a story from their past around a topic, share their story (optional), listen to others, then end with reflections.

After, there is an optional audio chat to talk more casually with the group.



## How are Storytelling Circles Helpful?

**Circles are a cathartic, introspective, and empowering way to connect deeply with yourself and members around the world.**

They are a place to be your truest form of self and embrace your light.

**Connecting to stories of your past** helps you let go of what no longer serves you, embrace what does, and align with your potential.

Listening to others' stories helps you understand **you are not alone** and find your own wisdom without anyone telling you what to do or how to think.



## I'm really nervous for my 1st Circle, is that normal?

**Yes!!** Using your voice, understanding yourself, deep connection, and embracing change is scary, but you found us for a reason! Take the plunge into your first circle.

You never have to tell a story and the **saloniere and community will help support you** during your first Circle.



## What are the Rules of Circle?

- ★ Wear headphones
- ★ Be in a quiet space
- ★ No advice or feedback at anytime
- ★ Only speak when you have the talking piece
  - ★ Do not judge ourselves or others
  - ★ Tell stories and do not vent



## Why is it important that we tell Stories and do not vent?

The human experience is universal. We will always connect to one another's narratives and be able to learn from each other. Venting — complaints, opinions, and thoughts — are not universal and can lead the speaker to staying stuck in the past and may trigger and/or distract the listener.



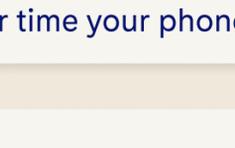
## How long are Circles?

Circles are max **1 hour long** with an optional 15 minute audio only chat.



## Who are Salonieres?

Salonieres are strong storytellers who understand our community values. They are volunteers who help new members feel safe during their first few Circles.



## What timezone are the Circle times in?

Whatever time your phone is set to.

## When is the latest I can book a Circle?

15 minutes before the Circle start time.



## When Can I Enter My Circle?

5 minutes before start time until 5 minutes after start time. You will be marked as a no show if you miss this cut off.



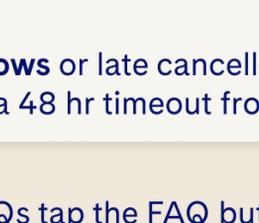
## How do I make sure I'm in Circle with my friend?

After you sign up for the Circle, tap the heart/handshake icon next to their name. If you both tap it, it will guarantee you are put in Circle with one another.



## How do I make sure I'm not in a Circle with someone?

If you block a member via their profile you will never be put in Circle with them and they will not show on your pre-circle page if they are signed up for a Circle and you will not show on theirs if you are signed up.



## What if I can't make a Circle that I signed up for ?

**Cancel at least 20 mins before** your Circle to avoid being a late cancel.

Doors **open 5 minutes before** and **close 5 minutes** after Circle time.

**3x no shows** or late cancellations will result in a 48 hr timeout from Circles.

For More FAQs tap the FAQ button at the top right of your home page.

**Happy Circling!**